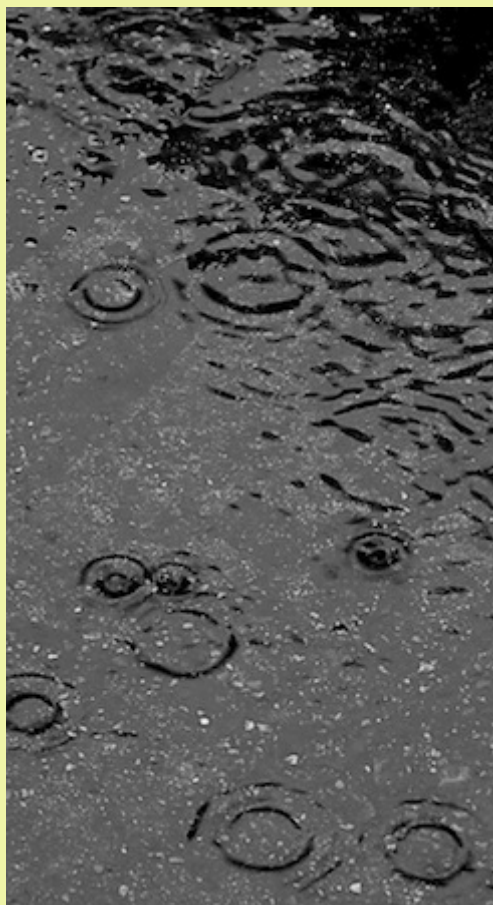




nov 24, 2015

hartford street zc news

Layman P'ang



*Keido Fukushima Roshi:
While American Zen
has certainly learned a
great deal from Japanese
Zen, I think it is now time
for American Zen to stand
on its own two feet. In
contrast with the "monastic
Zen" of Japan, American
Zen is essentially a "lay
Zen".*

Speaking and Not Speaking

Layman P'ang - One day
Pai-ling asked the Layman
(P'ang) "both speaking
about it and not speaking
about it are unavoidable.
So can you tell me simply,
how do you not avoid
speaking about it?"

The Layman winked at
him.

Pai-ling said, "nothing could be more sublime than that."



public schedule

mondays

- * 7:00 am zazen
- * 7:40 am morning chanting service

6:00 pm zazen
6:40 pm evening chanting service

* last monday of each month, no
morning schedule

The Layman said, "So the teacher is someone who gives false compliments is he?"

Pai-ling said "Who doesn't? Who doesn't?"

The Layman bowed and left.

[The Sayings of Layman P'ang: A Zen Classic of China tr. James Green](#)

Winter Light Retreat Sesshin



The Hartford Street Zen Center Winter Light Retreat Sesshin will begin the evening of December 2nd, including the Rohatsu celebration/ceremony; and conclude on Sunday, December 6th, mid-day.

[Visit here](#) to see what the schedule will involve. [You can adapt your attendance](#) to the demands of your life, but full participation is always welcome and encouraged.

To sign up for all or part of the retreat, or obtain more details, send an email to hszc108@yahoo.com, or leave a message at (415) 863-2507

Attendance is \$85 members \$95 non-members.

The Hartford Street Zen Center has availability for one practice resident as of October 2015 . We are looking for individuals interested in

tuesdays - fridays

6:00 am zazen
6:40 am kinhin (walking meditation)
6:50 am zazen
7:20 am chanting service
7:40 am soji (brief temple cleaning)

6:00 pm zazen
6:40 pm chanting service

thursdays study hour 7:30pm

saturdays

6:30 am zazen
7:10 am chanting service
7:25 am soji
8:30 am drop-in instruction
9:25 am zazen
10:15 am dharma talk
11:00 am refreshments/social *

** if a ceremony applies it will occur before social time*

and committed to experiencing residential practice at a small, urban temple.

Applicants should have prior experience with Soto Zen practice, and prior full-time residential Buddhist community practice. Required attendance to zazen, study group, ceremonies and teachings/lessons is required and should be of strong interest. While participation and assistance in the daily events of the sangha are expected of any potential practice resident, it is our expectation that most residents are employed outside of the center (you must be able to pay your monthly tuition without exception, on time), we are accommodating toward one's professional schedule on required attendance arrangements. **Please drop by to inquire in person and ask for the Abbot, Rev. Myo Lahey!**



upcoming events



dharmatalks @10:15am saturdays

hszc speakers

Myō Lahey - Nov 28 * Dec 5,26, ***2016*** Jan 2,9 *

Daiko Tanzen, David Bullock - *TBD*

guest speakers

Ryuei, Michael McCormick - dec 12; **Rev Rin McCarthy** - dec 19 *** 2016 ***

Shokan Jordan Thorn - feb 27; **Anshi Daiqi Zachary Smith** - mar 5; **Kogen**

Seido Jamie Howell - April 16; **Kyosho Valorie Beer** - may 28; **Anshi Daiqi**

Zachary Smith - jun 4; **Shokan Jordan Thorn** - sep 24;

full moon ceremony - the "long nights" or "cold" moon - december 26 @

11am - during this month the winter cold fastens its grip, and nights are at their longest and darkest. it is also sometimes called the Moon before Yule. the term Long Night Moon is a doubly appropriate name because the midwinter night is indeed long, and because the Moon is above the horizon for a long time. the midwinter full Moon has a high trajectory across the sky because it is opposite a low Sun.

study hour - thursdays @7:30pm: selected Studies of Zen Master Dōgen. see our website for details. So far all have been from the Dōgen Shobōgenzo version compiled and translated by [Kazuaki Tanahashi](#).



closure & schedule changes -

last monday of each month - no morning program, only evening [schedule](#) and;

november 26, 27 - closed all day

december 7, 24, 25 - closed all day

december 31 - until new years event in the evening

january 1 - closed all day

founder monthly memorials - [Issan's](#) is the 6th of each month and [Philip's](#) is the 26th (or closest dates to these if cant be on that day) evenings at 6:40pm or saturday mornings

winter light retreat (during Rohatsu leading up to Bodhi day aka Jodo-e) - is the 2nd of december to december 6th. start your planning, and get the time off of work now! see more above or [CLICK HERE FOR MORE DETAILS](#)

practice discussions at hszc are available with Rev. Daiko Tanzen, David Bullock. and **Dokusan with Rev. Myo Lahey** please call us, approach them directly, or email: hszc108@yahoo.com to request to schedule time.



right to left- Allen, Bruce and Paul (and the edge of Bob's ball cap) - socializing post Thurs meditation in the garden - Nov 2015



Please help support our Temple, Dharma Study, Resident Student Program, Our Practice Schedule, and the Space & Programs offered to the Public.

Donations are tax deductible
we are a 501-C 3 non-profit

words from our Abbot: Rev. Myō Lahey

Quality of spaciousness (reality/consciousness/dharma practice)

...all you have to do is trust it and put your whole heart into it and do it over and over again in a setting like this (meditation hall/space or zendo) and it will spread out from your life to other's lives too and I really think that is so...

...all of us can find some way to practice that allows these inherent qualities in the body-mind to manifest. Maybe it is zazen that is the way for you?

...most of us find it is helpful to have people to practice with. We can share energy that way and we can help and support each other that way and if we start to wobble, for instance we wake up one day and decide "I have a new religion for the whole world" and someone can say "really let's talk about that" because the mind is so spacious we go all kinds of places, and our expression of dharma is a group effort to some extent so it is good to be in conversation with people and this is part of the way sangha works. Most of us probably aren't going to go off to a cave and get enlightened and that's it goodbye, that's another path...

[Dharma Talk at Valley Streams Zen Center Aug 17, 2015](#)



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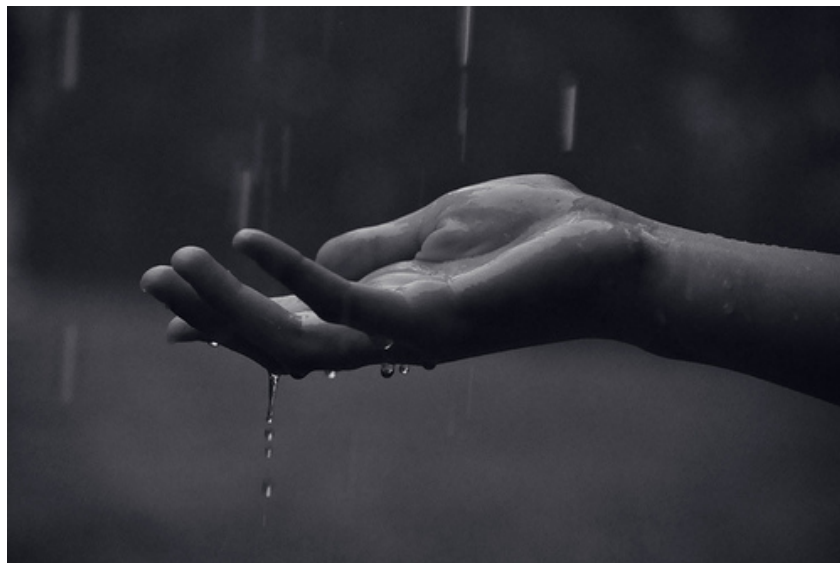
selecting HARTFORD STREET ZEN CENTER ZENDO from the list of charities (there is a search box to find us) when you log into [amazon smile](#) (same as the standard amazon & products) you automatically, when you make your purchases, offer 0.5% of your funds spent to hszc! **Please if you're going to shop amazon, think of this simple step to donate to hszc**, and a very handy and nice way to help us during any of [your holiday shopping](#) or anytime you buy from [amazon](#)!

Introducing hszc's most recent resident zen student addition - **Sita!**



We miss you! We have been having perhaps a seasonal change & lower attendance the past few months and are a little 'light' on the Winter Light retreat interest/sign up & wanted to remind you we are here to support your great effort and offer our experienced priests to help guide your physical posture, the events and difficulties in zazen at or outside hszc, and a community to support and build dharma friendships with!

We really hope to see you soon and want to be sure you know that for those who haven't been coming around as much lately for various reasons and life commitments, your presence, support and friendship is missed and we hope to see you soon!



HIV meditation group; weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!

thursdays & fridays
10:30am zazen
11:00am garden socializing

meditation in recovery; weekly meditation group for men & women in recovery from addiction
fridays, 7:30pm - 9pm

(women only) meditation in recovery; monthly meditation group for women in recovery from addiction
first thurs, 7:15pm -8:45pm

(men only) meditation in recovery; a monthly meeting for men in recovery from addiction
3rd thurs of every month, 7:30pm-8:30pm

board of director meetings; you're invited to attend & observe!
second weds of each month, 7:30pm



*please contact us for rental space & events, ceremonies performed by a zen priest
- weddings, memorials, coming of age & baby naming events -*

find other sf bay area lgbtqqi community events [here](#) - or - [here](#)

national, worldwide & other, holidays [here](#) (*warning* some are pretty silly)



**Abbot, hartford street zen center --
- Reverend Myō Lahey ---**



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**info@hszc.org
415.863.2507**

*please submit stories, reflections,
personal news, artwork &
photography
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& equanimous! _/_*

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